



Pick-WIC Paper



NORTH DAKOTA WIC PROGRAM

DECEMBER 2019

Kid-Approved Cheese Sticks Coconut Balls Ham Calzone Fruit Parfait Bar-B-Q Meatballs

Kid-Approved Cheese Sticks

4 string cheese sticks
1 can (8 ounces) crescent rolls
Melted butter
Italian herb blend seasoning



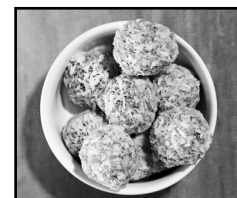
1. Heat oven according to crescent roll baking instructions.
2. Cut each cheese stick in half to make 8 sticks and roll up in a crescent roll.
3. Place on baking sheet and brush with melted butter.
4. Sprinkle with Italian seasoning.
5. Bake according to crescent roll baking instructions.

Recipe Source: Mealtime Blessings, Chickasaw Nation WIC, www.facebook.com/MealtimeBlessings

Nutrition Note: This recipe makes 8 cheese sticks. Each cheese stick has 130 calories, 7 grams of fat, 7 grams of protein, 13 grams of carbohydrates and 330 milligrams of sodium.

Coconut Balls

1 can (14 ounces) sweetened condensed milk
1 cup Multi Grain Cheerios™ cereal, crushed
2 cups shredded coconut
1 cup semi-sweet chocolate chips



1. Pour milk in a mixing bowl with cereal, coconut and chocolate chips.
2. Use a spatula and your hands to mix until a dense dough has formed.
3. Use a small spoon to portion out the dough, and use your hands to roll the dough into balls.
4. Serve in cupcake or muffin liners.

Recipe Source: General Mills

Nutrition Note: This recipe makes 12 servings. Each serving has 260 calories, 13 grams of fat, 4 grams of protein, 36 grams of carbohydrates and 95 milligrams of sodium.

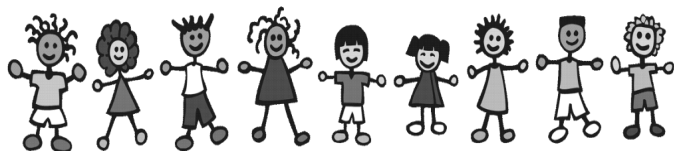


Why breastfeed?

"Because it provides health benefits and reduces the financial burdens of raising a child."



~ Stormie, ND WIC Breastfeeding Mom



Great Mealtime Conversations Start Here

Reconnect with those you love at mealtime. Ask your children questions like "What color are your eyes?" and "Do you like that color? Why/why not?"

Source: Mealtime Blessings, Chickasaw Nation WIC

Ham Calzone

1 pound frozen bread dough, thawed
¼ cup pizza sauce
½ teaspoon garlic powder
¼ teaspoon Italian seasoning
½ pound sliced ham or Canadian bacon
½ cup drained pineapple chunks, canned in juice
4 ounces shredded mozzarella cheese



1. Heat oven to 425 degrees. Coat a baking sheet with nonstick cooking spray.
2. Roll dough into a 10-inch by 14-inch rectangle and place on baking sheet.
3. Spread pizza sauce on half of the dough, then sprinkle with garlic powder and Italian seasoning. Top with ham, pineapple and cheese.
4. Fold dough over and press edges together to seal in filling.
5. Bake for 20 minutes.

Nutrition Note: This recipe makes 8 servings. Each serving has 240 calories, 6 grams of fat, 14 grams of protein, 31 grams of carbohydrates and 730 milligrams of sodium.

Fruit Parfait

- 2 cups pineapple tidbits, canned in juice and drained, or chopped fresh pineapple
- 1 cup fresh or frozen raspberries, thawed
- 1 medium banana, peeled and sliced
- 1 cup low-fat or fat-free vanilla yogurt
- ½ cup granola cereal



1. In tall glasses, layer the pineapple, raspberries, bananas and yogurt.
2. Sprinkle with granola cereal.

Nutrition Note: This recipe makes 4 servings. Each serving has 180 calories, 1 gram of fat, 5 grams of protein, 40 grams of carbohydrates and 75 milligrams of sodium.

The Pick-WIC Paper is developed for the Special Supplemental Nutrition Program for Women, Infants and Children. 800-472-2286 www.ndhealth.gov/wic

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Be Legendary.™



Crock-Pot™ Corner



Bar-B-Q Meatballs

- 1 bag (28 ounces) plain frozen meatballs OR make your own (recipe below)
- 1½ pounds lean hamburger
- 1½ cups bread crumbs
- 1 cup fat-free skim or 1% milk
- ½ teaspoon pepper
- 2 eggs
- ¼ cup chopped onion



1. Heat oven to 375 degrees. Coat a baking sheet with nonstick cooking spray.
2. Combine all ingredients in a large mixing bowl. Form into 18 meatballs.
3. Place on a cookie sheet and bake for 30-45 minutes or until meatballs reach an internal temperature of 165 degrees using a food thermometer.

Sauce Option 1: 1 can (14 ounces) cranberry sauce and 1 bottle (18 ounces) barbeque sauce OR Sauce Option 2: ¾ cup chili sauce, ¾ cup grape jelly and 3 tablespoons soy sauce, low sodium preferred

1. Place meatballs and sauce ingredients in a slow cooker.
2. Cook on low for 60 minutes.

Recipe Source: Mealtime Blessings, Chickasaw Nation WIC, www.facebook.com/MealtimeBless

Nutrition Note: This recipe makes 10 servings. Each serving (using frozen meatballs and sauce option 1) has 300 calories, 18 grams of fat, 12 grams of protein, 24 grams of carbohydrates and 800 milligrams of sodium.

LEARNING
LAUGHING
RELAXING
TEACHING
SHARING
LOVING
CARING

That's what's for dinner tonight.



MEALTIME
BLESSINGS